

MINDFUL WALKING TOOLKIT

So often we feel like we're rushing, at work and in life, without stopping to notice much.

But paying more attention to the present moment – to our thoughts and feelings, and to the world around us – can improve our mental wellbeing. And this practice of paying attention is called mindfulness.



Approaching the present moment with an objective curiosity – without judgement or the need to label our experience (good, bad, I like it, I don't like it, etc.) – is a core teaching of mindfulness. This is what allows us to take a step back from our thoughts, to see patterns emerging, and to realise that we are *not* our thoughts and *don't* have to react to or believe every single thing our brain thinks.

A consistent mindfulness practice has been found to improve our emotional regulation, resilience, working memory, our ability to focus, and our relationship to ourselves and others.

MINDFUL WALKING

Mindful walking incorporates mindfulness with gentle exercise and the soothing effects of being in nature. It's a simple, free, and often accessible way of looking after our wellbeing.

We define mindful walking as being fully present on our walks, paying attention to what's around us and whatever thoughts we have with curiosity and without judgement.

This means putting distractions away (aka our devices) and just being present with ourselves and the world around us for the duration of our stroll or roll.

THE BIOLOGY OF WALKING

A look at the how walking effects both the brain and body:



EXERCISE ONE

Break down your mindful walk from street to street.

At the beginning of each street, remind yourself of the intention of your walk and just be present until you reach the end of that street. When you get to the beginning of the next street, start again.

GUIDED MEDITATION (ON THE GO)

An introduction to mindful walking – this is a meditation for any walk, any time, at any pace. The purpose of which is to create awareness.

[Listen now](#)

(9 mins, 21 secs)

EXERCISE TWO

An activity to practice whilst on your next walk.

Inhabit your body by experiencing your walk through the 5 senses. Take time to notice 3 things you can:

SEE

HEAR

TASTE

FEEL

SMELL

EXERCISE THREE

Go on a familiar walk and try to notice things you've never noticed before.



Pay attention to your surroundings, be curious, and try to look at things with fresh eyes.

GUIDED MEDITATION (SEATED)

For one reason or another it may be hard to leave your place of work to take a mindful walk. But don't worry, we have you covered, with this calming visualisation of a walk.

[Listen now](#)

(5 mins, 25 secs)

WALKING AND WORK

As leaders or HR professionals, there are many ways in which we can encourage our workplace to get walking:

- Walk for the environment - start a walk-to-work scheme and encourage (or perhaps incentivise) employees living-locally to take the greener route work.
- Lunchtime walk club – an easy way for teams to exercise and socialise in tandem.
- Conduct walking meetings – promote creative thinking and give your team the chance to get outside during the working day.
- Sponsored walks are a great way to raise money for your organisation's preferred charities.
- Get involved in Walk To Work Day – coming up soon on Friday 01 April 2022!